

Youth Well-Being & Health in Wellington-Dufferin-Guelph

2022 Well-Being and Health Youth Survey Results

The Well-Being and Health Youth (WHY) Surveys collect information from local youth on a variety of topics including family and peer environments, substance use, mental health and physical activity.

The goal of the WHY surveys is to create a shared understanding of students' health and development. They are completed every two years by parents, school staff and students from grades 4-12+. Results help identify issues for focus in the community.



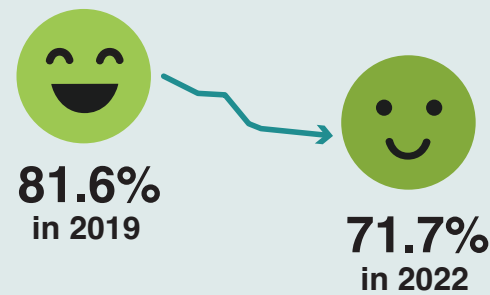
Mental Health

Students reported worse mental health outcomes in 2022 compared to 2019

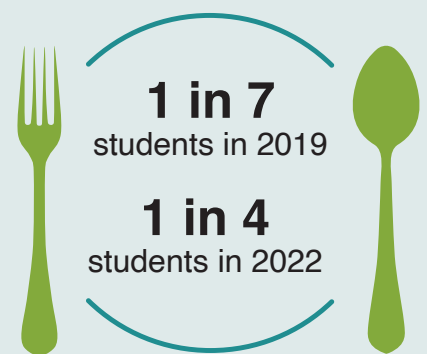
Are often/always distracted



Rate mental health as good, very good or excellent

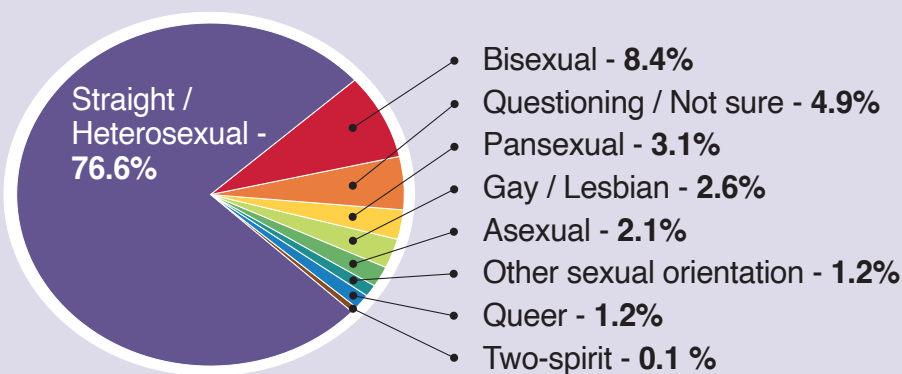


Struggled with eating issues



Sexual Orientation & Gender

The percentage of youth who reported non-binary gender identities (not male or female) grew significantly between 2019 and 2022



Compared to male students, female students reported more:

- Experiences of non-consensual sexual activity
- Struggles with body image and/or eating issues
- Psychological distress

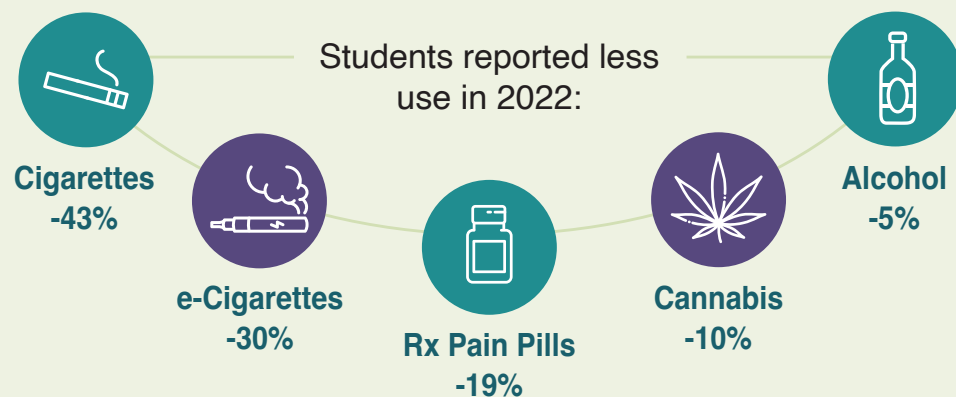


Compared to male and female students, non-binary students reported more:

- Thoughts of or attempting suicide
- Psychological distress
- Smoking

Substance Abuse

Students in Grade 7+ reported significantly less substance use in 2022 compared to 2019



Changes in substance use varied based on gender:



Slight increase in binge-drinking among females

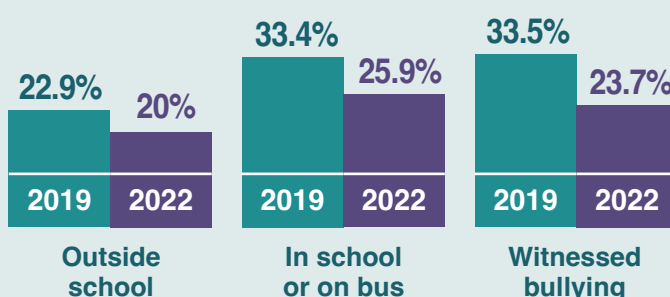
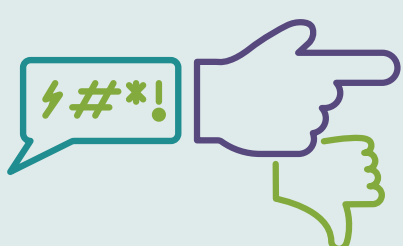


Males reported less substance use than female & non-binary students

Bullying

Students in 2022 experienced less bullying but also less connection with peers

Students who experienced bullying in the past year:



Students that feel a sense of peer connectedness:

